

## ABSTRACT OF THE DISCLOSURE

An integrated sprocket and housing used in a variable valve timing mechanism.

The integrated sprocket and housing includes: a sprocket portion which is formed in a  
5 substantially annular shape, and which has teeth on the outer circumference thereof; and  
a housing portion which is disposed inside the sprocket portion, which has recesses in the  
inside thereof, and which is formed integrally with the sprocket portion as a sintered  
body made of a ferrous powder material, wherein the entire surface of the sprocket  
portion and the housing portion is covered with a steam oxidized layer which is formed  
10 by a steam treatment, and a nitrided layer which is formed by a gas soft nitriding  
treatment subsequent to the steam treatment.